

The Sleep Twitter

Snoring or Something More?



Sometimes snoring is just snoring. But many times, it can be a sign of a more serious problem – **sleep apnea**. Sleep apnea, or **stopping breathing during sleep**, can lead to high blood pressure, heart problems and even stroke if not treated.

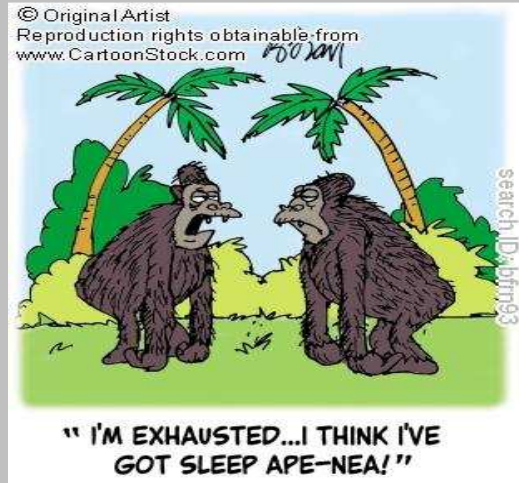
Common symptoms of sleep apnea are loud snoring, feeling tired or sleepy during the day, choking or gasping during sleep, morning headache, dry mouth, excessive sweating, waking up at night to urinate, insomnia, depression, mood swings, and loss of interest in sex. **Risk factors** include, *but are not limited to*, being overweight, having a large neck, being male, being female and menopausal, increasing age, and smoking.

It is estimated that **12 million people have sleep apnea**, with 80% remaining undiagnosed and untreated. If you or a loved one have **more than three of the above** symptoms or risk factors, it is important to contact your physician or a sleep specialist to schedule an evaluation.



Just for laughs

A man pulled into a town, but every hotel room was taken. "You have to have a room somewhere," he pleaded to a hotel manager. "I have a double room with one occupant," admitted the manager, "but he snores so loudly that I'm not sure it'd be worth it to you." "No problem," the tired man assured him. "I'll take it." The next morning the man came down to breakfast bright-eyed and bushy-tailed. "How'd you sleep?" asked the manager. "Never better," replied the man. The manager was amazed. "No problem with the other guy snoring?" "Nope, I shut him up in no time," said the man. "How'd you manage that?" asked the manager. "He was in bed, snoring away, when I came in the room," the man explained. "I went over, kissed him on the cheek, said, 'Goodnight, beautiful,' and he sat up all night watching me."



What is it?

Apnea: Apnea literally means to stop breathing. Sleep apnea is characterized by episodes of complete cessation of breathing during sleep, usually accompanied by a drop in blood oxygen levels and an arousal.

Hypopnea: Hypopnea is a reduction of airflow, but not complete cessation of breathing.

AHI: This stands for apnea/hypopnea index, or the number of apneas and hypopneas divided by the total time asleep in hours. An apnea/hypopnea index of five or more is considered abnormal.

Sleep-disordered breathing: Sleep-disordered breathing, or SDB, is a comprehensive term used to include any respiratory abnormalities associated with sleep.

Epworth Score: The Epworth Score is an objective measurement of sleepiness that uses a questionnaire to assess the likelihood of falling asleep during common situations such as watching television, driving, etc. Of 24 possible points, a score of 10 or above is considered to reflect excessive sleepiness.

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Tips for Better Sleep

1. Use your bed only for sleep and sex. If you can't fall asleep, get up and go into another room.
2. Maintain a regular bedtime and time to get up, even on weekends and vacation.
3. Avoid alcohol, caffeine and nicotine before bedtime, as they can interfere with sleep.
4. Avoid naps. If you must nap, do so early in the day and sleep no more than 30 minutes.
5. Exercise regularly, but not close to bedtime.
6. Do not go to bed hungry, but avoid heavy meals.
7. Spend more time outside to increase light exposure.
8. Avoid taking medications that disrupt sleep.
9. Take a warm bath 1-2 hours before bedtime.
10. Keep your bedroom quiet and at a temperature that is comfortable for you
11. Avoid stimulating activities close to bedtime.
12. Avoid having a clock in the bedroom. Turn your alarm clock so the face is away from view.



So you have sleep apnea... Now what?



Sleep apnea does not have to be life-changing, although changing your lifestyle can significantly help. Weight loss is the number one solution for most people – losing just ten pounds can lessen the severity of or sometimes even “cure” sleep apnea.

Besides lifestyle modifications, the number one treatment for sleep apnea is CPAP, or continuous positive airway pressure. This is a mask worn at night that gently blows air into the airway to keep it open. While it takes some getting used to, most people find that after a while, they can't sleep without it.

Other treatment options include an oral appliance to advance the jaw and surgery to correct any anatomical problems that could be causing the apneas.

Be sure to discuss all treatment options with your physician. Together you can find a treatment that works for you!

WORD FIND

Find and circle the words below that are related to sleep disorders.

N A R C O L E P S Y B Y R L E S A P
 I R A L B P X I M I R M W E R N P A
 G O X Y G E N S A T U R A T I O N R
 H U T W B O I E P S X C P A P R Z A
 T S M S P X U V N H I C Q E R I V S
 M A L L U G X O E R S U B N A N I O
 A L G R I P F E A C M I P P R G L M
 R O B T R E M S L E E P A O P N I N
 E C A T A P L E X Y S R T P M X V I
 S F S O M N O L E N C E A Y P R S A
 M O R N I N G H E A D A C H E R Y S

Arousal	Nightmares
Bruxism	Oxygen Saturation
Cataplexy	Parasomnias
CPAP	REM Sleep
Fatigue	RLS
Hypopnea	Snoring
Morning Headache	Somnolence
Narcolepsy	

Salmon with Lemon, Capers & Rosemary

4 6-oz salmon fillets (1" thick)	1 tsp minced rosemary
¼ cup extra-virgin olive oil	8 lemon slices
½ tsp salt	¼ cup lemon juice
½ tsp pepper	4 tsp capers
½ cup Marsala or white wine	4 pieces aluminum foil

Brush top and bottom of fillets with olive oil and season with salt, pepper and rosemary. Place each piece of salmon on a piece of foil large enough to fold over and seal. Top each fillet with 2 lemon slices, 1 tbsp of lemon juice, 2 tbsp of wine, and 1 tsp of capers. Wrap tightly in foil. Grill in a pan over medium-high heat or on a hot outside grill for 10 minutes. Serve in the foil packets.

Insomniacs don't sleep because they worry about it, and they worry about it because they don't sleep. - Franklin Adams